

Kentucky Infant Feeding Guide

Feeding From Birth to Four Months

Birth	1 Month	2 Months	3 Months	4 Months	5 Months	6 Months	7 Months	8 Months	9 Months	10 Months	11 Months	12 Months
Food	Age to Start	Special Notes										
Breast milk Formula with Iron	Birth	All your baby needs is breastmilk or iron-fortified formula for the first 4 to 6 months. Whole, low fat or nonfat milk should not be given to infants.										

Breastfeeding

Since breast milk has special properties not found in other milks, it is the best first food for infants.

It is best for the new mother to eat a variety of food, get plenty of rest and drink lots of fluids. Ask your nutritionist, nurse or doctor about vitamins and iron for yourself while you are breastfeeding.

During the first weeks, your baby may want to be fed every two hours or more on demand. The baby's stomach is small and can only take a small amount of milk at one time.

Because breast milk is digested easier than formula, breastfed babies tend to feed more often. Breastfed babies need to be fed on demand, whenever they are hungry.

Baby has had enough breast milk if:

- Is nursing or feeding 8 to 12 times a day and sleeps between feedings
- Has 6 or more wet diapers a day (regular diapers – not ultra-absorbent ones) and at least one dirty diaper
- Makes swallowing noises when nursing
- Seems happy or content
- Is gaining weight (5-7 oz. per week after 5 days old)



Baby needs to nurse on each breast approximately 10-20 minutes.

Under normal circumstances, the healthy breastfed, full term baby requires little or no vitamin and mineral supplementation. Ask your nutritionist, nurse or doctor if a supplement is needed.

Vitamin D supplements need to be provided to the breastfed infant at 2 months of age.

Formula feeding

Iron-fortified formula is recommended if you are not going to breastfeed or if you need to supplement breast milk before your baby is 1 year old.

Ready to feed formula is not routinely available on WIC.

Formulas come in 3 forms:

- Concentrated Liquid
- Powdered
- Ready to Feed

Concentrated liquid or powdered formulas must have water added. Mix formula according to the mixing instructions on the label.

When using the concentrated liquid or powdered formula, the water you use should be sterilized for at least the first 3 months. To sterilize water, boil water for 1—3 minutes; let it cool. Never mix formula with boiling water.

If your water comes from a well or cistern, it may be unsafe to give to your baby. Ask your County Health Department how to have it tested.

At first, normal birth weight full term babies take 2 to 3 ounces of formula at a feeding. Gradually increase their intake one ounce at a time as needed. Total intake should reach 26-39 ounces daily.

Feed your baby on demand. During the first weeks your baby's stomach is small and can only take a little formula at a time.

Mixing and storing formula

Always use sterilized bottles and nipples. You should make only enough formula to last one day. Store mixed formula in bottles in the refrigerator immediately and use within 24 hours.

Formula left in the bottle after a feeding should be thrown away.

Nursery water or bottled water does not need to be purchased to mix formula. Sterilized tap water is best to use unless your water is not safe.



Don't feed your baby solid foods before 4 months of age.
No juices are needed until 8 months of age.



When bottle feeding your baby

If breast milk or formula have been refrigerated, warm the bottle by running under warm tap water. Test the temperature of the breast milk or formula by sprinkling some on your wrist.

NEVER USE A MICROWAVE OVEN TO WARM BOTTLED BREAST MILK OR INFANT FORMULA.

The bottled breast milk or formula can get very hot and may burn the baby's mouth and throat.

Hold the baby upright to feed. It is best to hold the baby while feeding. Shake the bottle gently before feeding. Be sure to tilt the bottle so that the nipple is completely filled with bottled breast milk or formula. By doing this, extra air will not enter baby's stomach.

Be careful not to overfeed your baby. Some mothers feel that they must feed their babies every time they cry in order to show that they love them. Recent studies have shown that fat babies are not necessarily healthy babies. Learn to recognize cues when baby has had enough to eat such as turning head, becoming playful or falling asleep.



Be Wise

DO NOT PUT BABY TO BED WITH A BOTTLE! Do not prop the bottle. This can cause serious problems such as choking, ear infections and tooth decay.

Do not put cereal in the bottle.

Do not add sugar, syrup or honey to a bottle. Pacifiers should not be dipped in honey. Honey can be harmful for a baby up to 12 months of age.

To help keep baby's teeth clean, wipe teeth and gums after each feeding with a damp washcloth or gauze pad.

Burping

Burp breastfed babies when switching breasts. Young babies taking formula should be burped every ½ to 1 ounce. Babies may be burped by patting or rubbing them gently on the back while:

- holding them over your shoulder,
- laying them across your lap, face down,
- holding them in a sitting position on your lap.

Babies often burp or spit up a small amount of any feeding. This is normal. Spitting up usually goes away by the time the baby starts sitting by themselves.

Vomiting

Vomiting is not the same as spitting up. Vomiting is when the food comes up forcefully through the mouth and/or nose. See your health care provider when this problem occurs.

Be Relaxed

MAKE FEEDING A RELAXED TIME for both of you. Hold your baby while feeding. This makes your baby feel very secure and loved. You can show your baby love by handling your baby gently, speaking softly and smiling.

All babies are individuals and have very different food needs. "Big eaters" usually need their meals less often. Other babies may want smaller amounts more often. By being calm and flexible, you and your baby can soon settle into a reasonably regular schedule.



Be Careful in Giving Water

During your baby's first months the amount of water in breast milk or infant formula will be enough to meet baby's needs. Healthy infants usually need little or no extra water.

Check with your nutritionist, nurse or doctor about giving water. Excessive water is harmful.

Plain water can be given after starting solid foods. It is recommended that you wait until baby is 4 to 6 months of age to begin solid foods.

If Your Baby Takes This Much Formula in One Day	Your Powdered WIC Formula will run out in about this many days	You Will Have to Buy This Many Cans of Formula
24 ounces	33	0
26 ounces	31	0
28 ounces	29	1
30 ounces	27	1
32 ounces	25	1
40 ounces	20	2



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